



Sun-Dried Tomato Salmon and Pesto Pasta Salad

with Rocket, Cucumber, Tomato and Greek Style Cheese

Low Carb

Preparation time : 40 min.



- | | |
|---|---|
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| Ditali Pasta | Salmon Fillets |
|  |  |
| Garlic Clove | Red Onion |
|  |  |
| Baby Cucumber | Medium Tomato |
|  |  |
| Basil Pesto with Cashew Nuts | Sun-Dried Tomato Paste |
|  |  |
| Wild Rocket | Greek Style Salad Cheese |
|  |  |
| Pumpkin Seeds | Sugar for the Onions |
|  |  |
| Olive Oil for the Dressing | Honey |



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/sun-dried-tomato-salmon-and-pesto-pasta-salad-153>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Baking Paper, Large Saucepan, Colander, Bowl, Pan, Aluminum Foil

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Ditali Pasta (grams)	90	130	180
Salmon Fillets (grams)	200	300	400
Garlic Clove (unit(s))	2	3	4
Red Onion (unit(s))	1	2	2
Baby Cucumber (unit(s))	1	2	2
Medium Tomato (unit(s))	1	2	2
Basil Pesto with Cashew Nuts (grams)	30	45	60
Sun-Dried Tomato Paste (grams)	25	37½	50
Wild Rocket (grams)	20	40	40
Greek Style Salad Cheese (grams)	50	100	100
Pumpkin Seeds (grams)	15	22½	30
Sugar for the Onions (tsp)	1	1½	2
Olive Oil for the Dressing (tbsp)	1	1½	2
Honey (tbsp)	1	1½	2
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	3085 kj
Energy (kcal)	737 kcal
Fat	40.9 g
of which saturates	9.2 g
Carbohydrate	52.6 g
of which sugars	17.2 g
Dietary Fibre	5.8 g
Protein	35 g
Salt	1.82 g

Allergens

Milk, Wheat, Fish, May contain traces of allergens, Soya, Cereals containing gluten, Cashew nuts, Peanut, Nuts

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with ½ **tsp salt**. When boiling, add the **ditali** and bring back to the boil. Cook until tender, 10 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together. Set aside to cool.



Roast the Salmon

Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**. When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle. While the **salmon** fries, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **parcel** on the **salmon** tray until soft, 10-12 mins.



Caramelize the Onion

Meanwhile, halve, peel and thinly slice the **red onion**. When the **salmon** is roasting, give the frying pan a quick wipe and return to medium heat with a drizzle of **oil**. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins. Add the **sugar for the onions** (see pantry for amount) and cook until caramelised, 1-2 mins more.



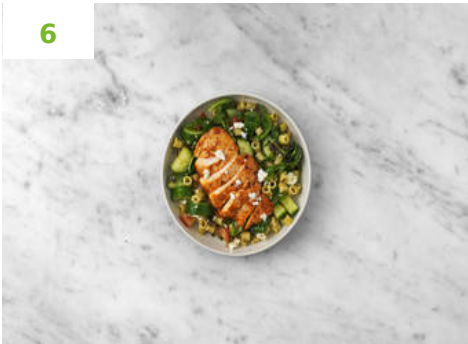
Finish the Prep

Meanwhile, trim the **cucumber**, then halve lengthways. Cut into roughly 2cm chunks. Cut the **tomato** into 2cm chunks. In a large bowl, combine the **pesto** and the **oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**. Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir it into the **dressing**.



All Together Now

When the **salmon** is cooked, remove from your oven, spoon over the **sun-dried tomato paste** and drizzle over the **honey** (see pantry for amount). Turn to coat, carefully cover with foil and allow to rest for a couple of mins. When everything's ready, add the **cucumber**, **tomato**, **caramelised onion**, **cooked pasta** and **rocket** to the **salad dressing** and toss together. Crumble in **half** the **Greek style salad cheese**.



Serve

Share the **pasta salad** between your serving bowls. Top with the **salmon** and finish by sprinkling over the **pumpkin seeds** and crumbling over the remaining **cheese**.

Enjoy your meal!